



Happenings

November 2023

Schweinhaut Staff

Center Director:

Karen Maxin

Center Rec Coordinator:

Michelle Riemer

Nutrition Manager:

Lisa Buchsbaum

Recreation Assistants:

JoAnn Charles

Amy Clemmer

Emmett Cochetti

Matthew Fitzgerald

Lidiya Grigoryeva

Brenda Harding

John King

Gerry Olson

Jennifer Posner

Veteran Day Celebration #R07089-110

Thursday, November 9 • 1:00pm - 3:00pm • Auditorium

Join us in celebration of our veterans past and present. Gaithersburg High ROTC students will present the colors, Walter Ware singing the National Anthem and retired civil rights attorney Howard Feinstein will play piano, featuring tunes with a military/patriotic theme. He will also speak on the importance of veteran participation in government and leadership, past and present.

Veterans Discussion & Support Group #R07312-100

Wednesday, November 1 • 1:00pm - 2:00pm • Garden Room

We are happy to announce we have established a Veterans Discussion + Support Group here at Schweinhaut. The group will meet the 1st Wednesday of every month. Some upcoming programs will include guest speakers on related topics, VA Benefits, discussions and more. Please join us to support this important group. You do not need to be a veteran to attend all are welcome.

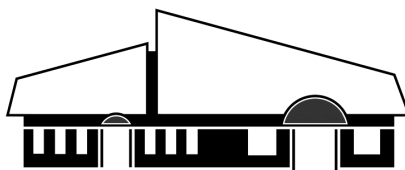
More Info on page 5.

Register for Activities

Winter registration for programs opens on Nov. 13th. Register at the front desk or online at activemontgomery.org. If the program has an activity number the class requires registration to participate.

Class Cancellations or Closures

Closed Nov. 10 in observance of Veterans Day.
Closed Nov. 23 + 24 in observance of Thanksgiving



1000 Forest Glen Road, Silver Spring, MD 20901

Center Hours: Monday - Friday: 8 a.m. to 4 p.m., Saturday: 9 a.m. to 3 p.m.

Front Desk: 240-777-8085 Center Director: Karen Maxin, 240-777-8082

Hablamos Español

We have WiFi, select MCGuest.



MONTGOMERY COUNTY
Recreation

Special Programs

Afternoon Cinema Fridays - #R07088-101

Friday, November 3 and 17 • 12:30pm - 2:00pm • Garden Room

Join us every Friday for a movie presentation in the Garden Room.

November 3 – Titanic (1997) • **November 17** – Robin Williams: Come Inside My Mind (2018) • | Check the bulletin board for a poster and synopsis of each week's designated film.

Free Farmers Market Produce By Chris Farmer - #R07094-106

Saturday, November 4 • 10:00am - 12:00pm • Garden Room

Register to receive free produce from Chris Farmer partnered by United Healthcare. Produce will be provided for up to 75 participants who are registered. Sign up online or at the front desk.

Wire Sculpting with Juliet Verdi #R07095-128

Mondays, November 6 • 1:00pm - 3:00pm • Auditorium

In this class creativity knows no limits. We will be sculpting animals and humans out of 18- or 20-gauge wire. We will mostly concentrate on the technique of making small three-dimensional wire figures that can stand alone as sculptures, or two-dimensional figures for wall art.

Superpower Dance Circle with Jane #R07012-131

Every other Tuesday, November 7 • January 30 • 10:30am - 11:30pm • Garden Room

Experience a lively dance party with diverse music and styles like hip-hop, jazz, Latin, and more. The class ends with relaxation techniques and guided meditation. Join us for an engaging, fun, and expressive program to unleash your superpowers through music, dance, storytelling, and vibrant scarves provided.

Fall Risk Screenings by Adventist Healthcare #R07030-124

Wednesday, November 8 • 1:00pm - 3:00pm • Garden Room

Join our "Fall Risk Screening" session to learn about preventing falls, the primary cause of injury in older adults. Our Adventist Rehabilitation Hospital team will evaluate your fall risk and provide at-home exercises and instructions for outpatient physical therapy. Schedule a 15-minute appointment by calling our front desk 240-777-6666.

CANCELLED

"Titanic Mistakes" by Engineer Vincent Brannigan #R07022-100

Monday, November 13 • 1:00pm - 3:00pm • Garden Room

Explore the demise of the RMS Titanic in "Titanic Mistakes" with Professor Vincent Brannigan, a renowned expert in risk management and forensic engineering from the University of Maryland's Clark School of Engineering. Delve into the ship's tragic fate beyond the iceberg theory on its ill-fated maiden voyage in 1912.

Music and Dance with Walter Ware - R07106-104

Tuesday, November 14 • 1:00pm - 2:30pm • Auditorium

Walter hopes to inspire dancing while singing romantic songs from the 40's 50's, 60's, and 70's. His performance will include songs sung by such artists as Frank Sinatra, Elvis Presley, Nat King Cole, Chubby Checker, Lou Armstrong, The Temptations, Tom Jones and more. Light refreshments will be served. Register online or at our front desk.

Vaccine Clinic by Giant Food Pharmacy - #R07108-109

Wednesday, November 15 • 10:00am - 2:00pm • Garden Room

Pharmacist Rimple Gabri from Giant Food will be offering this Vaccine clinic. Besides the Flu shot they will also be providing Shingrix, Tetanus, Pneumonia, Covid and Hepatitis B vaccines. Bring your Medicare card and any secondary insurance information. No appointments necessary but registration is required.

Music with HongBich - #R07080-122

Thursday, November 16 • 1:00pm - 2:00pm • Garden Room

Join Hong as she performs a Fall Celebration with American and Spanish Love Songs. Singing along and dancing is encouraged!

Turkey Giveaway by Chris Farmer #R07094-107

Saturday, November 18 • 10:00am - 2:00pm • Kitchen

Register to receive a free Thanksgiving turkey from Chris Farmer partnered with United Healthcare. Turkeys will be provided for up to 70 participants who are registered. Sign up online or at the front desk.

Stories in Movement by Sutradhar Institute of Dance #R07094-108

Saturday, November 18 • 1:00pm - 2:00pm • Auditorium

Experience the incredible artistry of Devi Dance Theater acclaimed by critics as "Poetry in Motion" & "Beguiling". Stories in Movement is presented by Sutradhar Institute of dance. The program features and resident dance company Devi Dance Theater performing reimagined myths in classical Indian Kuchipudi dance.

Music by Mike Surratt #R07106-507

Tuesday, November 28 • 1:00pm - 3:00pm • Auditorium

Join us for some great music and dancing with Mike Surratt. This program is sponsored by FOMSSC advisory board.

Addictions & Essential Oils with Adrienne #R07028-117

Tuesday, November 28 • 11:00am - 12:00pm • Garden Room

Addictions such as shopping, sugar, and prescription drug overuse can affect many of us. Lemon, grapefruit, and bergamot can assist in addiction support. Join us to discover what oils can help us stay happy and healthy.

It's Your Life: Life of a Professional Concert Dancer #R07307-101

Thursday, November 30 • 1:00pm - 2:00pm • Garden Room

The life of a professional concert dancer is marked by unwavering dedication to a pursuit of physical perfection that vanishes once the performance ends, along with financial struggles that often rank lower than other arts. Rima Faber Wolff's presentation explores the motivations and requirements behind this challenging and often underappreciated career.

Get Answers to your Medicare Questions #R07105-116

Wednesdays , Nov 1 - Dec 7 • 9:00am - 1:00pm • Library

The Annual Election Period begins, and you should feel confident in your healthcare decisions.

If you have questions or need assistance stop by for help! To call for an appointment call Chris Farmer at (443) 915-8126 so we can make sure there is a time slot for you!

Recurring Activities

	Activity	Day & Time	Description & Contact	Fee
A R T	Ceramics Activity #R07098-104 <i>Instructor: Yvonne Roberts</i>	Tues. & Thurs. 9:30am - 1:00pm	A creative class where bisque and greenware become art! You can purchase pieces or bring your own.	Free
	Card Making Activity #R07095-118 <i>Instructor: Cindy Boccucci</i>	1st Sat. 11:30am - 2:30pm	Allow your creativity to flow as you make unique and personalized greeting cards under the instruction of Cindy Boccucci.	Free
	Fun with Art Activity #R07052-102 <i>Facilitator: Barbara Hunter</i>	Wed. 10:00am - 12:00 pm	Come and discover a new talent whether it's pencil drawing, watercolor, acrylic, or pastel. Bring your own supplies.	Free
	Origami Activity #R07096-102 <i>Facilitator: Lois Dicker</i>	1st Mon. 1:00pm - 3:00pm	Learn the Japanese art of paper folding. Join others to create fun creations to take home or put on display in our library display case.	Free
	Knitting Corner Activity #R07003-104 <i>Facilitator Needed</i>	Wed. 1:00pm- 3:00pm	Come join friends to create a variety of beautiful knitted and crocheted items for charities in the community.	Free

Activity	Day & Time	Description & Contact	Fee
Basic Functional Balance Exercise Activity #R07030-102 <i>Instructor: Julien Elie</i>	Friday 8:15am – 9:15am	Light exercise, focused on building posterior musculature and developing core strength that is critical in having a well-balanced body.	Free
Ballroom Dance Activity #R07050-109 <i>Instructors: Ellen Moran & William Goldberg</i>	Wed. 12:00pm - 1:00pm	Learn the basic steps, lead and follow, and simple routines. Singles and couples are welcome. Followed by Let's Dance!	Free
Bone Builders Activity #R03010-119	Tues. & Thur. 10:30am - 11:30am Starting Sept 19	The program aims to maintain or increase bone density, preventing osteoporosis. Classes focus on balance, strength training, and posture, using dumbbells and ankle weights to stimulate bone growth.	Free
Yin Yoga Activity: R07032-111 <i>Instructor: Adina Crawford</i>	Sat. 9:05am - 9:55am NEW TIME	This beginner-friendly class will help you find peace both in body and in mind, focusing on poses and stillness that improve the health of critical joints. <i>Please bring your own mat, towel, and pillow.</i>	Free
Dance Fitness with Georgia Activity #R07012-130 <i>Instructor: Georgia Martin</i>	Mon. 9:30am - 10:30am	A popular style of dance fitness class is cardio dance. This type of dance fitness class is what many people associate with dance fitness. This category includes classes like Zumba®, hip hop and more. All of these classes focus on cardio exercise, but many also incorporate strengthening and toning techniques.	Free
Kickboxing Activity #R07060-108 <i>Instructor: Julien Elie</i>	3rd Fri. 8:15am - 9:15am	Kickboxing classes can be a little intimidating for beginners but don't worry, you can move at your own pace. Learn the proper mechanics of every offensive and defensive move in kickboxing.	Free
Line Dancing Activity #R07011-107 <i>Instructor: Jo Ann Eng</i>	Sat. 10:30am - 12:00pm	Learn how to line dance to your favorite songs under the instruction of Jo Ann.	Free
Low Impact Exercise Activity #R07060-107 <i>Instructor: Julien Elie</i>	2nd Fri. 8:15am - 9:15am	Simple moves, low-impact, easy walking patterns, step aerobic combinations and weight routines. The workout changes each week. The intensity level is lower than in our traditional exercise classes.	Free
<i>Holy Cross Health & Kaiser Permanente Present</i> Senior Fit <i>Instructor: Mike Werle</i>	Sat. 9:30am - 10:15am Tues. 9:30am - 10:15am	Holy Cross Health and Kaiser Permanente offer Senior Fit, a 45-minute exercise class designed for adults 55+ to improve strength, flexibility, endurance and balance. Classes are ongoing. Register online by emailing seniorfit@holycrosshealth.org	Free
Tai Chi Chuan Activity #R07025-106 <i>Instructor: Glenn Moy</i>	Tues. 1:30pm - 2:30pm	An ancient system of physical and mental harmony. This is an exercise which emphasizes relaxation, balance, and coordination.	Free
Qi Gong Activity #R07059-102 <i>Instructors: Mike Kornely & Julia Schuker</i>	Sat. 12:00pm - 1:00pm	Qi Gong has been a part of traditional Chinese medicine for centuries. This gentle and meditative form of exercise is perfect for seniors looking to increase their strength, balance, and reduce stress.	Free

Recurring Activities

	Activity	Day & Time	Description & Contact	Fee
E D U C A T I O N A L	Book Discussion Activity #R07065-103 <i>Facilitator: Marjorie Hoffman</i>	2nd Tues. 1:00pm - 2:30pm	We will be discussing <i>Horse</i> by Geraldine Brooks. The story spans a period of over 150 years. Based on the remarkable true story of the record-breaking thoroughbred Lexington, <i>Horse</i> is a novel of art and science, love and obsession, and our unfinished reckoning with racism.	Free
	Coffee & Conversation with MSSC Staff Activity #R07092-105	3rd Thurs. 9:00am – 9:45am	Join us for a cup of coffee or tea while we enjoy an open discussion. We would like your input on what programs/activities you would like to have at MSSC. We will also discuss any concerns you might have.	Free
	Italian Class Activity #R07021-104 <i>Instructor: Nina Baccanari</i>	Weds. 1:00pm - 2:30pm	This class will cover a variety of subtleties of the Italian language, such as grammar, vocabulary, and entertaining factors like music and stories. Participants should have a working knowledge of the Italian language.	Free
	Beginner Spanish Class Activity #R07015-106 <i>Facilitator: Rocio Torresano</i>	Thurs. 9:30am - 10:30am	Come and learn the 2nd most spoken language in the entire world with Rocio's beginner Spanish class! This fall session will cover basics such as ABCs, numbers, seasons, months, days of the week, and many more rudimentary concepts to prepare you for the next level.	Free
	Beginner Plus Spanish Class Activity #R07015-110 <i>Facilitator: Rocio Torresano</i>	Thurs. 10:30am - 11:30am	This fall session will introduce simple phrases and sentences at a slow pace. Basic questions and answers about participants' surroundings, people they know, things they have, or any other familiar topics will be tried out,	Free
	Writer's Group Activity #R07058-102 <i>Facilitators: Beverly Moss</i>	1st & 3rd Tuesdays 10:00am - 12:00pm	Join people who like to write as they read their essays, poems, novel excerpts, commentaries, and other written works. It's a friendly, informal group where lively discussion always ensues. Come to share or to listen, all are welcome. This is a virtual class. Contact Karen at karen.maxin@montgomerycountymd.gov for Zoom link.	Free
H E A L T H	Veterans Discussion & Support Group Activity #R07312-100	1st Weds. 1:00pm - 2:30pm	Our first presenter is by veteran + historian Carl Adams who will talk about the veterans of the civil war. He will discuss segregation and PTSD of the war. African American Veterans were singled out as the cause of the start and finish of the war.	Free
	Nutrition 101 Activity #R07024-104 (Tues) Activity #R07024-105 (Thurs) <i>Facilitator: Josephine Tsobgni Djoukeng, Ph.D.</i>	Tues. 1:30pm - 2:30pm Thurs. 1:00pm - 2:00pm	Nutritionist and Certified Wellness Wave Life Coach, Josephine will host a discussion on how to be your best healthy self.	Free
	Blood Pressure Screening Activity #R07108-110 <i>Facilitator: Bernadette Denis</i>	Fri. 1:00pm - 2:00pm	Come get your blood pressure checked for free by Bernadette every Friday inside Schweinhaut's library room.	Free
S E R V I C E S	Senior Services in Montgomery County <i>Facilitator: Anita Joseph</i>	2nd Tues. 10:30am - 11:30am	Call 240-777-1062 to make an appointment for information about senior services, assistance in obtaining services/benefits, and education about offerings available to seniors.	Free (5)

G
A
M
E
S

BINGO!
Activity #R07085-104
Facilitator: Linda Disharoon

Mon. & Thurs.
10:30am - 11:30am

Win prizes and have fun!
Maximum two cards per person.

Free

Pinochle Card Game
Activity #R07099-103
Facilitator: George Kelly

Wed.
1:00pm - 3:00pm

Come learn the skill of Pinochle, a trick-taking and melding card game with components similar to Bridge, Euchre, Spades, and Hearts.

Free

Scrabble Tips & Tricks
Activity #R07073-106
Facilitator: Marcia Bowens

Mon.
10:30am - 12:00pm

Scrabble is a perfect word finder, which also helps in fighting Alzheimer's. Former Scrabble tournament player Marcia Bowens will demonstrate how to get the most out of each rack. You will be surprised how many words you can find in certain sets of letters!

Free

Chess Club
Activity #R07110-103
Facilitator: Clifford DuThinh

Mon.
10:30am - 1:00pm

Chess, a classic board game, is played by two opponents on a checkered board with the goal of capturing the opponent's king. Beginners are encouraged to join!

Free

M
U
S
I
C

Encore Chorale
Facilitator: Kathryn Harsha

Mon.
10:30am - 12:30 pm

For more info, call 301-261-5747 or visit www.encorecreativity.org.

Free

Seasoned Players Activity
#R07056-101
Facilitator: Helen Cothran

1st & 3rd Wed.
1:30 - 3:30 p.m

Come rehearse songs and/or line dances to perform at nursing homes and seniors centers.

Free

Folklore Society of Greater Washington Presents
Song Circle
Activity #R07080-115
Facilitator: Fred Stollnitz

Nov Zoom Only
2nd Fri. of Month
1:30pm - 3:30pm

The Song Circle on Friday, November 10, will be only on Zoom because the Center will be closed in observance of Veteran's Day. For information and to get the Zoom link, go to <https://fsgw.org/event-5432052>

Free

Angklung Music Lesson
Activity #R07109-102
Instructor: Ari Peach

Sat.
12:00pm - 2:00pm

Join this musical ensemble to learn how to play the Angklung, an Indonesian instrument crafted from bamboo. You will then get the opportunity to perform at various events in the community.

Free

S
P
O
R
T
S

Open Pickleball
Activity #R07091-103
(Subject to Change)

Fri.
See monthly schedule

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Join others for a friendly game at your leisure. Sign up for the email schedule.

Free

Billiards
Activity #R07103-104 M-F
Activity #R07103-103 Sat.

M-F 8:00am - 4:00pm
Sat. 9:00am - 3:00pm

Come in and join us for a game of Billiards. The Pool Room is open to everyone during center hours.

Free

Table Tennis
Mon Activity #R07097-105
Fri Activity #R07097-106
(Subject to Change)

Mon.
12:00pm - 2:00pm
Fri. from
10:30am - 12:00pm

Table Tennis is a sport in which two or four players hit a lightweight ball back and forth across a table using small paddles. See front desk for equipment.

Free

Newbies +Beginner Pickleball
Activity #R07091-105
Instructor: Brad Paleg

Thurs.
1:00pm - 2:00pm

This class is for beginners or those starting to learn pickleball. No prior experience needed. Learn rules, gameplay, strokes, and court skills in a safe, fun, social setting. Limited space, early sign-up recommended! Space is limited, so sign up early!

Free

Advanced Beginner Pickleball
Activity #R07091-106
Instructor: Coach Brad Paleg

Thurs.
2:00pm - 3:00 p.m.

This class is for players with at least 3 months of experience who can dink, serve, and return consistently. It will help you build a solid foundation to advance your pickleball skills, including NVZ play and resetting skills.

Free

Intermediate Beginner Pickleball
Activity #R07091-111
Instructor: Coach Brad Paleg

Thurs.
3:00pm - 4:00 p.m.

You have developed a strong pickleball foundation. You understand the importance of coming up to the non-volley zone (NVZ) line and can effectively play from that area. The class, using instruction, drills, and recreational play will help you as you advance both your skills and your strategies.

Upcoming at Schweinhaut

Mini - Trip

Congressional Plaza R07101-144
Friday, November 3 | 9:30am – 12:00pm

Seniors on Strike Bowling Trip
Tuesday, November 14 | 9:30am – 1:45pm

Walmart R07101-146
Wednesday, November 21 | 9:30am – 12:00pm

National Air and Space Museum R07101-148
Tuesday, November 28 | 9:30am – 2 :00pm

“It’s Your Life”

Were you a beekeeper? Were you in the service? Were you a homemaker during a time when life was very different? We would love to hear your stories. We are featuring a series of monthly program to highlight YOU and to get to know each other. See staff in main office to do a program. We can help with slideshows, pictures, etc. to make your time shine!

Nutrition Program - Socialize while enjoying a healthy meal!

Monday through Friday • Noon • Almost Café

The cost of the meal is \$7.99. For people age 60 or older, or a spouse of any age and a voluntary contribution is requested. Guests, including caregivers, under age 60 pay full cost. Please contribute as much as you can. Contributions are used to serve more meals. The recommended donation is \$3.00. Cancel or change your reservations for lunch, Monday through Friday, at least 72 hours in advance.

For more information, call 240-777-8085 and ask for the Nutrition Site Manager, Lisa Buchsbaum.

Daily Transportation— Door to Door Transportation

Monday through Friday • Pick ups start at 8am • Departs the center at 2pm

Our daily bus to the center is available for pick up in our area. For more information and to see if you are in our pick up area, please call Evelyn Kittrell at 301-255-4214.

Changes or cancellations, call 301-255-4214.

Montgomery County Inclement Weather Policy

If Montgomery County Public Schools are closed, MSSC will be closed. If there is a delayed opening, MSSC opens at 10:00am.

When Montgomery County Recreation must close or cancel programs due to inclement weather or other circumstances related to participant and staff safety, the first notification is made through Montgomery County’s emergency notification system, [Alert Montgomery](#). Alert Montgomery provides accurate, immediate emergency notifications from Montgomery County to your cell, work, or home phone via text, email, or voice message.

Real-time emergency updates can also be accessed at our Recreation Website or by calling 240-777-6889, or by visiting our Facebook or Twitter pages.

Given that participants and employees often travel distances and weather conditions may vary considerably across the county, residents are advised to exercise caution and consider personal safety as their first priority.



**Community Partnerships
Make Wonderful Things Happen!
Thank you to the following organizations...**

AARP

Adventist Health Care

Affiliated Sante Group

Akhmedova Ballet Academy

Beacon Newspapers

Brooke Grove Retirement Village

Encore Creativity for Older Adults

The Folklore Society of Greater Washington

FOMSSC

Holy Cross Health

Senior Planet

United Health Care & Integral Health Care

U.S. Postal Service

**Support
The Friends of
MSSC, Inc.
For more details,
see the main
office.**

Announcements

Bocce Ball Instructor

We are looking for a Bocce Ball instructor for our new courts. If you are interested or know someone who is interested, please let us know. We have new Bocce Ball drop-in hours. See sports in recurring activities for times.

Have Our Newsletter Emailed

You can have our monthly newsletter emailed directly to your personal email address! Sign up at the front desk or see Jennifer in the office.

Pickleball

Copies of Open Pickleball Play schedule are posted at the center. We can also email it to you.

Sewing & Mending

Got any rips, tears, zippers that need replacing, hems lengthened or shortened, seams coming loose or any other small mending problems?

Call Elaine Hughes at 301-920-0009 or email at Hughes2113@gmail.com and get your clothes mended, free of charge!

Coffee Notice

Due to the expense of supplies we had discontinued serving free coffee. Now that the weather is getting colder we are being asked to bring it back. We have had offers for donation of small coffee cups. To bring this service back please see Karen or Michelle to donate to make this possible.

Upcoming Programs – Look at what is coming in December



Wednesday, December 6	Holiday Thyme with Essential Oils
Wednesday, December 6	Get Answers to your Medicare Questions
Saturday, December 9	National String Symphonia Performance
Tuesday, December 12	Music and Dance with Walter Ware
Thursday, December 21	Conversation w/MSSC Staff

Please note that the above programs are tentative and changes could be made. We will make every effort to relay any changes as they occur. Keep an eye out for additional programs at our information area.



Check out our Website!

ACTIVEMONTGOMERY.ORG

Visit the Montgomery County Recreation website for detailed information about all of our senior centers, including their newsletters, as well as aquatics, recreation centers and programs. You can sign up for all programs on the website.